



Recipe inspired by: Delish's Brian Yazzie

Yields 4-6 servings

Three Sisters

Packed with fiber and plant protein. Inspired by indigenous American crops and southern Native American culture

INGREDIENTS

- 1 small winter squash (butternut or acorn)
- 2-4 tbsp of plant-based oil (ex. canola, or olive oil)
- 2 tbsp pure maple syrup
- 1 bunch of dark leafy greens, de-stemmed (ex. dandelion, kale, spinach)
- 1 can (15.5 oz) of hominy or corn (drained and rinsed)
- 1 can (15 oz or 1.5 cups) of beans, drained and rinsed (ex. lima, pinto, black beans)
- 1 tbsp garlic powder or 4 minced garlic cloves
- 2 green onions or scallions, thinly sliced
- 1 cup sunflower seeds (shelled, raw)

DIRECTIONS

1. Preheat oven to 400°. Cut squash in half, clean out seeds, and cut into 1" cubes. Place on sheet pan, toss with oil to lightly cover the cubes. Bake for 25-30 minutes until cubes are tender to a fork. Toss with maple syrup and set aside.
2. In a large skillet over medium heat, heat sunflower seeds for 5-10 minutes until lightly browned and fragrant. Set toasted seeds aside.
3. In same skillet, over medium heat, heat 1-2 tbsp of oil then add greens (and minced garlic if using) and cook until wilted (5-8 minutes).
4. Add roasted squash, hominy, and beans to skillet with greens and stir to combine. Season to taste with garlic powder and any other desired herbs or spices. Keep on medium heat for 3-5 minutes, stirring occasionally.
5. Top with green onions and sunflower seeds.



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